

The Case Against Soda

Soda. Pop. Soda pop. Whatever you call it, those sugary, fizzy drinks that the world has come to love are not very good for you. Why not?

First, they can cause you to put on the pounds. A typical can of soda (sixteen ounces) contains 207 calories. Drinks are often forgotten as a calorie source, and it's easy to get 500 calories a day from a couple of cans of soda. That's around one fourth of your daily caloric needs that you don't even notice! And that doesn't give you any nutrition.

Then, they're bad for your teeth. Sugar is known to cause tooth decay. So the more soda you drink, the more likely you'll be spending a lot of quality time with your dentist.

If that's not enough, there are hidden dangers. Soda contains something called phosphoric acid—that's what makes it fizzy. Too much phosphoric acid can cause an imbalance of the minerals calcium and phosphorus in your body. That imbalance is bad for the growth and strength of your bones.



How are kids to make good decisions about what to drink when the soda companies pay their schools to put soda machines right in the hall? That practice may be coming to an end! Several states have passed laws limiting or eliminating vending machines in schools.

Like everything related to food and drink, moderation is best. Having a soda now and then isn't going to hurt you! But several cans of soda every day is not good for your health. ■